

## SPAR CLASSES

**SPAR Zumba:** Dance your way to a fitter you. Zumba fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic workout system that will blow you away. It's effective. It is an aerobic workout, which we all know works. But it's more fun, which make you stick with the program until you get results.

Zumba helps you achieve long term health benefits while experiencing an absolute blast in one exhilarating hour of caloric-burning, heart-racing, muscle-pumping, body-energizing, awe-inspiring movements meant to engage and captivate for life! Decrease body fat, reduce stress levels, and tone muscles in a friendly party environment. Need no prior experience to attend.

Classes held on Monday 11 AM & 5:30 PM, Wednesday 11 AM & 4:30 PM and Saturday 11 AM at Bill Cockrell Community Center, 4109 Pines Road. Also held Tuesday & Thursday 4:30 PM at Southern Hills Community Center, 1002 Bert Kouns Ind. Loop. For info call Cindy at 318-518-7312. Classes also held at A. B. Palmer Community Center located at 547 East 79<sup>th</sup> Street on Tuesday at 6:00 PM. For info call Kendera Monette at 318-617-3338.

<u>Place</u>	<u>Time &amp; Day</u>	<u>Instructors</u>
Bill Cockrell	Mondays 11:00am - 12:00pm	Cindy Kelly
Bill Cockrell	Mondays 5:30pm - 6:30pm	Cindy Kelly
Southern Hills	Tuesdays 4:30pm - 5:00pm	Cindy Kelly
Southern Hills	Thursdays 4:00pm - 4:45pm	Cindy Kelly
A. B. Palmer	Tuesdays 6:00pm - 7:00pm	Kendera Monette
Bill Cockrell	Wednesdays 4:30am - 5:30pm	Cindy Kelly
Bill Cockrell	Saturdays 11:00am - 12:00pm	Cindy Kelly

**SPAR King & Queen of Swing:** The City of Shreveport Public Assembly and Recreation Department (SPAR) presents the "King & Queen of Swing", Jimmy "Mr. Lucky" & Beverly "Lady Lucky" Lynch, at Bill Cockrell Community Center, 4109 Pines Road. Dance instructions for Texas Swing (Ballroom), Cha Cha, Two Steppin', Tango, Second Beat "Swing-O" and Line Dances. Tuesdays and Thursdays, 6:00 - 8:00 PM. Come and Dance with Us! Get in shape the fun way! Everybody dance now! Call 318-629-4185 or 318-869-0945.

<u>Place</u>	<u>Time &amp; Day</u>	<u>Instructors</u>
Bill Cockrell	Tuesdays 6:00pm - 8:00pm	Jimmy Lynch &
Bill Cockrell	Thursdays 6:00pm - 8:00pm	Beverly Lynch

**SPAR Martial Arts Classes:** Master Raleigh Skipper, a 5th Degree Black Belt with 30 years of martial arts experience offers classes at Bill Cockrell Community Center for youth and adults. Master Skipper is National Vice President of the Iron Martial Arts

Association (IMAA) and Iron Cage Clash (ICC). Classes include Aikido, Judo, Women's Self Defense, Mixed Martial Arts & Competition Training. Separate classes are held Monday, Wednesday & Friday for adults and children at Bill Cockrell Recreation Center, 4109 Pines Road. For more information call 318-344-8482.

<u>Place</u>	<u>Time &amp; Day</u>	<u>Instructor</u>
Bill Cockrell	Mondays 4:00pm - 6:00pm	Raleigh Skipper
Bill Cockrell	Wednesdays 4:00pm - 6:00pm	Raleigh Skipper
Bill Cockrell	Fridays 4:00pm - 6:00pm	Raleigh Skipper

**SPAR Shorin Ryu Okinawa Karate Classes:** Instructor David Johns teaches Shorin Ryu Okinawan Karate and Self Defense classes at Querbes Community Center, 3500 Beverly Place, for adults and youth. The classes contribute to gaining strength, discipline, positive attitude, coordination, agility, respect and condition. Classes are held Friday for adults and children. For more information call 318-673-7816.

<u>Place</u>	<u>Time &amp; Day</u>	<u>Instructor</u>
Querbes	Fridays 6:00pm - 7:45pm	David Johns
Querbes (Summer Schedule)	Fridays 5:30pm - 7:00pm	David Johns

**SPAR Guitar Classes:** With more than 10 years of performing, teaching and recording experience, Danny Kirkpatrick offers his students customized instruction in guitar that meet their interests. He offers 45 minute small group instruction. The students will learn cords, fingering, application and theory. Interested in learning the guitar? Well now's the time! Classes are held Monday, Tuesday & Friday at 5:00, 6:00 & 7:00 PM at Southern Hills Recreation Center, 1002 Bert Kouns. For more information call 318-617-9227.

<u>Place</u>	<u>Time &amp; Day</u>	<u>Instructor</u>
Southern Hills	Mondays 5:00pm - 6:00pm	Danny Kirkpatrick
Southern Hills	Mondays 6:00pm - 7:00pm	Danny Kirkpatrick
Southern Hills	Mondays 7:00pm - 8:00pm	Danny Kirkpatrick

**SPAR Shotokan Karate:** The Shreveport Karate Club (Est. 1961) offers Shotokan style karate classes at A. B. Palmer Park, 547 E. 79th Street & Line Avenue. The classes are held on Monday & Wednesday 5: 30 PM for beginners and 6:00 PM for advanced students. Men, women and children 8 years of age and older may participate. The instructors are Glenn Taylor, 4th Degree Black Belt, Deb Kutz, 3rd Degree Black Belt, Rick Kutz, 3rd Degree Black Belt and Dee Peterson, 3rd Degree Black Belt. All belt testing done by Mr. Takayuki Mikami, 8th Degree Black Belt, Chief Instructor, All South Karate Federation. For more information call Glenn Taylor, 751-7662 or Rick Kutz, 742-8843.

<u>Place</u>	<u>Time &amp; Day</u>	<u>Instructor</u>
A. B. Palmer (Beginners)	Mondays 5:30pm - 6:00pm	(See above)
A. B. Palmer (Advanced)	Mondays 6:00pm - 7:30pm	(See above)

A. B. Palmer (Black Belt Only)      Saturdays 9:00am - 10:00am      (See above)

### **Computer Classes:**

#### **Basic Computers**

- Will consist of functions of the mouse; developing an e-mail address; reply and forwarding an e-mail message; creating address books; surfing the Internet; basic Microsoft Word; making labels; making business cards; tracing your “family tree”; and much, much, more!!!!!!!

<b><u>Place</u></b>	<b><u>Time &amp; Day</u></b>	<b><u>Instructor</u></b>
Lakeside	Tuesdays 10:30 - 12 Noon	M. Miller
Southern Hills	Tuesdays 8:30 - 10:30	S. Oglethorpe
David Raines	Wednesday 8:15 - 10:15	M. Miller
Bilberry Park	Wednesday 10:45 - 12:45	M. Miller
Airport Park	Thursday 9:00 - 11:00	S. Oglethorpe
Chris Hays	Friday 8:15 - 10:15	M. Miller
A. B. Palmer	Friday 9:00 - 11:00	S. Oglethorpe

#### **Advance Computers**

- Will consist of developing web sites; inserting, copying and pasting; making charts; scanning; basic Microsoft PowerPoint; developing presentations, making “slide shows” and much, much, more!!!!!!!

<b><u>Place</u></b>	<b><u>Time &amp; Day</u></b>	<b><u>Instructor</u></b>
David Raines	Monday 10 - 12 Noon	M. Miller
Lakeside	Tuesday 8:30 - 10:30	M. Miller
Hattie Perry	Thursday 10:00 - 12Noon	M. Miller
Airport Park	Thursday 11:00 - 1:00	S. Oglethorpe
Valencia	Friday 10:45 - 12:45	M. Miller
A. B. Palmer	Friday 11:00 - 1:00	S. Oglethorpe

**(Submit applications where you want to take the class. For additional information contact Camille Webb at 673-7845)**

**Chair Aerobics:** SPAR offers chair aerobics at many of its community centers. Chair aerobics is a form of aerobic exercise where the participant stays seated in a chair for the duration of the exercise session. Normally targeted at those with mobility problems, chair aerobics aims to give a complete workout while limiting the stress and strain on joints.

Chair aerobics isn't designed to get people into marathon running shape, but rather to help them with their day to day activities or to raise their fitness level enough so that more strenuous exercises become possible.

<b><u>Place</u></b>	<b><u>Time &amp; Day</u></b>	<b><u>Instructor</u></b>
David Raines	Mondays 8:30am - 9:30am	
Airport Park	Tuesdays 10:00am - 11:00am	

Bilberry Park	Tuesdays 11:30am - 12:30pm
Valencia	Wednesdays 9:00am -10:00am
A. B. Palmer	Wednesdays 11:00am -12:00 Noon
Hattie Perry Park	Thursdays 9:00 - 10:00am
Lakeside	Thursdays 10:30 - 11:30am

**Tennis:** Anthony Jeter, with 14 years teaching experience, teaches beginning and intermediate tennis for adults and youth at Airport Park Community Center, 6500 Kennedy Drive. The classes are held on Tuesday & Thursday, weather permitting.

<u>Place</u>	<u>Time &amp; Day</u>	<u>Instructor</u>
Airport Park	Tuesdays 4:00pm - 6:00pm	Anthony Jeter
Airport Park	Thursdays 4:00pm - 6:00pm	Anthony Jeter

**Weightlifting:** SPAR is formulating weightlifting classes geared toward youth ages 10 to 14. The classes are currently held at Bilberry Park (673-5345) located at 1902 Alabama Street. Additional classes will be scheduled at A. B. Palmer (673-5336) 547 E. 79<sup>th</sup> Street, David Raines (673-5342) 2920 Round Grove Lane and Valencia (673-6433) 1800 Viking Drive based on interest and participation. Classes at Bilberry Park are held on Tuesdays & Thursdays from 5:30pm to 6:30pm. Olympic weightlifter Kendrick Farris will be one of the well-trained staff providing supervision in the program. Youth can increase strength & stamina, run faster & jump higher, improve athletic performance, gain muscle & lose fat, improve confidence & discipline and improve appearance. For more information or to register call the center closest to you.

<u>Place</u>	<u>Time &amp; Day</u>	<u>Instructor</u>
A. B. Palmer	TBA	Kendrick Farris
Bilberry Park	Tuesdays 5:30pm - 6:30pm	Kendrick Farris
Bilberry Park	Thursdays 5:30pm - 6:30pm	Kendrick Farris
David Raines	TBA	Kendrick Farris
Valencia	TBA	Kendrick Farris

**Pottery Classes:** SPAR offers pottery classes at Wildwood Park located at 7401 Jewella Avenue. From beginning to the experienced, learn the art of pottery from experienced potters. The days and times of the classes will vary. For more information, contact instructors Jan Hirsch at 518-7113, Sheila Fischer at 865-1099 or Brenda Snyder at 208-2044. Or visit the SPAR website at [www.myspar.org](http://www.myspar.org) and click on the Pottery Classes link. See below for the days and times each instructor's classes are held.

<u>Place</u>	<u>Time &amp; Day</u>	<u>Instructor</u>
Wildwood Park (Studio Time)	Tuesdays 8:00am – 12:00 Noon	Jan Hirsch
Wildwood Park (Studio Time)	Thursdays 8:00am – 12:00 Noon	Jan Hirsch
Wildwood Park (Studio Time)	Mondays 1:00pm – 4:00pm	Sheila Fischer
Wildwood Park (Studio Time)	Tuesdays 1:00pm – 4:00pm	Sheila Fischer

Wildwood Park (Studio Time)	Thursdays 1:00pm – 4:00pm	Sheila Fischer
Wildwood Park (Studio Time)	Tuesdays 5:30pm – 8:30pm	Brenda Snyder
Wildwood Park (Beg. Hand Building)	Thursdays 6:00pm – 8:00pm	Brenda Snyder